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PAGE 20

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# City students talk tragedy

**Edmonton schools.** Coping-with-crisis tip sheet distributed to parents in the wake of the school shooting in Newtown, Conn.

**ANNALISE KLINGBEIL**  
annalise.klingbeil@metronews.ca

Flags have been lowered to half mast outside schools across Edmonton. Inside the buildings, teachers have started discussing with students Friday's tragedy in Connecticut.

On Monday, students at Edmonton Catholic Schools participated in both prayer and conversation about the mass shooting that left 20 young children and six adults at Sandy Hook Elementary School in Newtown dead.

"I know that principals have asked the teachers to be open and honest with the children

**Quoted**

**"We take emergency preparedness very seriously, and when those things happen, we look at it again and we say, 'Are we doing everything we can to make sure kids are safe, and staff too?'"**

Jane Sterling, spokesperson for the Edmonton Public School Board

today, so there are conversations that are happening in the schools," said Sandra Talarico, Edmonton Catholic Schools' critical response team co-ordinator.

Principals prayed with students, both over the intercom and in classrooms, for the children and adults killed in Connecticut, said Talarico.

"That's an important part of our faith: to come together, in our grief and in our sadness, to

pray," she said.

At schools within the Edmonton Public School Board, (EPSB) a tip sheet detailing how to help children cope in light of the Newtown tragedy was posted on school websites or printed and sent home with children.

While no directive was given to schools regarding how to discuss the tragedy with students, the spokesperson for the EPSB said conversations within classrooms would probably arise.

"We're thinking at the older grade levels, perhaps junior and senior high, that might be coming up in social studies conversations," said Jane Sterling.

The tragedy will spur a look into the district's emergency-preparedness plans, said Sterling.

"We take emergency preparedness very seriously, and when these things happen, we look at it again and we say, 'Are we doing everything we can to make sure kids are safe, and staff too?'"

## Frat-boy philanthropy

Members of Phi Gamma Delta sing carols to spread Christmas cheer — and raise money for the Christmas Bureau of Edmonton

PAGE 4

## System cracks, police bias

A series of institutional failures allowed serial killer Robert Pickton to prey on his victims, a long-awaited inquiry says

PAGE 8

## Eat, drink and be moderate

Don't throw your fitness and diet routine out the window. Our tips will help you get through the holidays without busting your belt

PAGE 17



Mourners hug each other before a funeral service for six-year-old Noah Pozner on Monday in Fairfield, Conn. Pozner was killed when a gunman walked into Sandy Hook Elementary School in Newtown, Conn., on Friday and opened fire, killing 26 people, including 20 children. For more coverage, see pages 6 & 7. JASON DECROW/THE ASSOCIATED PRESS

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## Alberta. Schools ban use of lanyards without safety clasps

A request from the province's education minister for schools to stop using lanyards without a breakaway mechanism has prompted some of them to suspend all lanyards, no matter the type.

Kim Capstick, a spokesperson for Education Minister Jeff Johnson, said a note was sent to the province's schools on Friday asking them to suspend certain lanyards.

"If you are using lanyards, they have to have a break-away mechanism," Capstick said.

The note also asked schools to review their safety policies around lanyard use.

Last week, a Grade 3 student at Bears paw School near Calgary was found unconscious after his lanyard got caught on a washroom cubicle door.

Lori Nagy, spokesperson for Edmonton Catholic Schools, said that as of Monday morning, all lanyard use was suspended across the district's schools.

"Whether it's elementary, junior high or high school, whether it's volunteers using them — we've just completely suspended them," she said.

Nagy said elementary students often wear lanyards as a pass to go to the library or washroom and the board would look at new ways of identifying students.

Jane Sterling, spokesperson for the Edmonton Public School Board, said schools within the district were asked to discontinue the use of non-breakaway lanyards.

"I've heard from a couple of schools that have said, 'We're not going to have lanyards at all,'" she said.

ANALISE KLINGBEIL/METRO

## 'Tour of Alberta' to kick off in Edmonton



Cyclist Austin Laing, left, Calgary Tourism CEO Randy Williams, Alberta Tourism Minister Christine Cusanelli, Alberta Peloton Association chairman Brian Jolly, and cyclist Dylan Pinter-Findlay celebrate the announcement of the Tour of Alberta in Calgary on Monday. ROBSON FLETCHER/METRO IN CALGARY

Starting in September, Alberta will host a top-calibre pro-cycling race between Edmonton and Calgary, officials announced on Monday.

The inaugural Tour of Alberta is set for Sept. 3 to 8, with stages beginning in the provincial capital and running through rural areas and small towns before wrapping up in Calgary.

Granted a level "2.1" sanctioning by the Union Cycliste Internationale, the annual race will feature up to 16 international teams with eight pro riders per team.

"The 2.1 sanctioning from the UCI will allow the Tour of Alberta to invite the same teams which compete in the Tour de France and Giro

d'Italia," said Brian Jolly, chairman of the Alberta Peloton Association.

Organizers expect the tour to draw more than 300,000 spectators over the six days of racing and generate some \$30 million to \$35 million a year.

The precise route has not been finalized, but organizers hinted it would hit most major towns between Edmonton and Calgary and include a section through Kananaskis Country.

"This is incredibly exciting," said Edmonton Mayor Stephen Mandel, who described the announcement as "a dream come true for all us, to see urban and rural working together to create a wonderful, wonderful event."

ROBSON FLETCHER/METRO IN CALGARY

## Katz and city need to think long-term, mediator says

**Arena deal.** Talks set to restart after Katz Group dropped demand for \$6M annual subsidy

### Arena update

- After breaking off negotiations, the city and the Katz Group are discussing an arena deal again. The next update is scheduled to come to city council on Jan. 23.

RYAN TUMILTY

ryan.tumilty@metronews.ca

When the City of Edmonton and the Katz Group sit down with a mediator to try to resolve the Edmonton arena dispute, they should focus on their needs and not their bargaining positions.

That is the recommendation of an Edmonton lawyer and professional mediator.

"Rather than trying to figure out what people's positions are, you try to figure out what their needs and interests are, so you get them working towards solutions," said Marla Miller, with the Miller Boileau Family Law Group.

Miller, whose practice focuses on family-law mediation, said she wouldn't want the job, but there are some similarities between her work and the arena negotiations.

"In the end, it's just like a family. They want to be able to show up at the same dinner table for many years."

Miller said disputants have to be willing to find the means to get what they need in such a way that everyone walks away happy.

"It can't be a zero-sum game, which means it can't be one person wins and one person loses, because then you can't have a sustaining relationship."



Mayor Stephen Mandel and Daryl Katz, inset, should think about their long-term interests when they return to the bargaining table to discuss the Edmonton arena and not get too focused on positions, a local mediator says.

MANDEL: HEATHER MCINTYRE/METRO; KATZ: THE CANADIAN PRESS FILE

1 NEWS

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## Barbara Poole. City grieves passing of local philanthropist

One of the city's most generous philanthropists died Monday.

Barbara Poole, along with her husband John, was a major donor to dozens of projects and initiatives in the city. These included the Art Gallery of Alberta, Citadel Theatre and the Edmonton Community foundation.

Poole was the honorary chair of the Lois Hole Hospital.

"Barbara was a friend to our organization, but I also admired her devotion and passion for so many causes ranging from education, arts and the environment," said Andrew Otway, president and CEO of the Royal Alexandra Hospital foundation.

"Barbara was a truly remarkable lady and she will be profoundly missed." **METRO**

## Approval rating. Alberta premier is second-most popular in country: Poll

Alberta premier Alison Redford is the second-most popular premier in the country, according to a new poll.

The Angus Reid poll conducted last month showed that 47 per cent of Albertans approved of Redford's performance, which is eight points lower than when the company conducted the poll in August.

Wildrose leader Danielle Smith was slightly ahead of Redford with 48 per cent of respondents.

The most popular premier in the country was Saskatchewan's Brad Wall, who was popular with 67 per cent of



Premier Alison Redford **METRO FILE**

respondents.

The least popular premier at 23 per cent was Ontario's Dalton McGuinty. **METRO**

### Come on down!

#### Price is Right is heading to town

A travelling version of the television game show The Price is Right is coming on down to Edmonton.

Anyone over 19 has a chance to be selected to compete for appliances, vacations and cars March 10 at the North-ern Jubilee Auditorium. Tickets go on sale Friday through Ticketmaster and LiveNation. **METRO**

### Public appeal

#### Fort McMurray teen missing

Wood Buffalo RCMP are asking for the public's help in finding a missing teen who hasn't been seen since Saturday.

RCMP say Delilah Tourangeau, 14, is 125 lbs with reddish-brown hair and brown eyes.

Anyone with information is asked to call 780-788-4000 or CrimeStoppers 1-800-222-8477. **METRO**



Members of the Epsilon Alpha Chapter of Phi Gamma Delta — also known as Fiji — went carolling earlier this month. To view a soundslide of the members, visit [metronews.ca/edmonton/features](http://metronews.ca/edmonton/features). **HEATHER MCINTYRE/METRO**

# Spreading cheer for all to hear

**Metro's 12 Days of Christmas.** On Day 9, we share stories of local carollers — and how you can join in



**HEATHER MCINTYRE**  
heather.mcintyre@metronews.ca

When carollers come to your door, you probably don't expect to see members of a fraternity singing on your steps.

But that's what those living in the Garneau neighbourhood experienced when eight members of the Epsilon Alpha Chapter of Phi Gamma Delta took to university-area

streets earlier this month.

"We wanted to put together a philanthropic or community service event," said member Dylan Hanwell, who organized the event. "We wanted to do something fun and get people involved."

Not only did the group spread Christmas cheer for all to hear — they opened with a song, and then took requests in exchange for monetary donations to the Christmas Bureau of Edmonton.

"A lot of people were very happy to see people out," said Hanwell.

The reception is what makes people want to carol, said Angela Watt, owner and lead planner for Sociable Events, who is organizing an event on Whyte Avenue for

### What's your favourite carol?

#### @CraftyGal65:

Up on the Rooftop ... reminds me of more simple times as a child.

#### @rockstar\_ninja:

jingle bell rock :)

#### @Argthemuse:

Fairytale of New York by The Pogues... #greatChristmasmusic

#### @auntie\_yenny:

mine is carol of the bells

#### @jaredflett19:

under the mistletoe by @justinbieber for sure #shawtywithyou

#### @JlynNye:

Christmas of Love. O holy Night. Little Toy Trains.

#### @southpawmegan:

Baby it's cold outside!



the second year in a row.

Last year, Watt and a group of others walked along the sidewalk and even stopped inside businesses for a song — and people joined in.

"I think that Christmas

songs bring people into the Christmas spirit," she said. "It's as simple as that."

Everyone is welcome to join in for Caroling on Whyte 2, which starts at 6 p.m. Wednesday in front of Block 1912.



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## Gun control. Debate simmers as Democrats call for ban on assault rifles

A U.S. senator and lifelong member of the National Rifle Association became the most prominent gun-rights advocate to speak out after last week's school shooting, saying Monday that it was time for the debate to move beyond political rhetoric and for an honest discussion to begin about reasonable restrictions on guns.

As many gun-rights advocates and politicians remained silent, the killing of 20 children as young as six years old led conservative Democratic Sen. Joe Manchin to speak out.

"Never before have we seen our babies slaughtered. It's never happened in America that I can recall, seeing this carnage," Manchin told MSNBC. "Anybody that's a proud gun owner, a proud member of the NRA, they're also proud parents, they're proud grandparents. They understand this has changed where we go from here."

The self-described "proud outdoorsman and hunter" added, "I don't know anyone in the sporting or hunting arena that goes out with an

assault rifle, I don't know anybody who needs 30 rounds in a clip to go hunting."

Democrats say the "meaningful action" Obama has spoken of in the wake of last week's shooting must include a ban on the military-style assault weapons and a look at how the country deals with individuals suffering from serious mental illness.

THE ASSOCIATED PRESS



Protesters march to the NRA headquarters in Washington, D.C., on Monday. THE ASSOCIATED PRESS

# Students mourn slain classmates

**Connecticut shooting.** Gunman's motive still unknown, but investigators believe he attended Sandy Hook

The Connecticut town shattered by last week's school massacre held its first two funerals on Monday, as officials weren't sure whether the school itself would ever reopen. Nervous students and teachers across the U.S. returned to classrooms under tighter security.

Family, friends and townspeople streamed out of two funeral homes after saying good-

bye to Jack Pinto, who loved the New York Giants football team, and Noah Pozner, who liked to figure out how things worked mechanically. Friends and loved ones headed for two cemeteries afterward.

In front of the funeral home where relatives were mourning Noah, well-wishers placed two teddy bears, a bouquet of white flowers and a single red rose at the base of a maple tree. Hymns rang out from inside the funeral home where Jack's service was being held. "The message was: You're secure now. The worst is over," one mourner, Gwendolyn Glover, said.

The boys were being buried



Students embrace while wearing Newtown school sweaters outside the funeral on Monday for six-year-old shooting victim Jack Pinto in Newtown, Conn. CHARLES KRUPA/THE ASSOCIATED PRESS

a day after the small community of Newtown came together for a vigil where President Barack Obama said he will use "whatever power" he has to prevent similar massacres.

"What choice do we have?" he said. "Are we really prepared to say that we're powerless in the face of such carnage, that the politics are too hard?"

Investigators have offered no motive for the shooting, and the Connecticut community is struggling to comprehend what drove 20-year-old Adam Lanza to shoot his mother to death at home in bed on Friday morning, drive her car to the school and unleash gunfire on six adults and 20 children.

THE ASSOCIATED PRESS

### Coping with fear

"I don't want to see my kids go to schools that become maximum-security fortresses. That's not the world I want to live in, and that's not the world I want to raise them in." Noah Pozner mourner Ray DiStephan

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# Blogger fears her son could be the next Adam Lanza

## Raising awareness.

Mother who blogs about mental illness says it's time to open up the conversation



JESSICA SMITH

Metro in Toronto

Liza Long wrote in a blog post, "I am Adam Lanza's mother," and shared her solidarity with the mothers of gunmen responsible for America's mass shootings.

She isn't Adam Lanza's mother. Lanza killed his mother Nancy in her bed Friday morning before he shot and killed six adults and 20 children in Connecticut.

Long's son is 13, mentally ill and violent, she wrote. Her blog post about her fear of her son and fears about his future was picked up by numerous websites, including Gawker, where it has been viewed more than three million times.

"I live with a son who is mentally ill. I love my son. But he terrifies me," she wrote. "A few weeks ago, Michael pulled



Authorities have identified Adam Lanza, pictured, as the gunman who killed his mother and then opened fire inside an elementary school in Newtown, Conn., killing 26 people. Blogger Liza Long is raising awareness about mental illness through blog posts about her mentally ill son, and in a particularly controversial post entitled "I am Adam Lanza's mother." BARBARA FREY/THE ASSOCIATED PRESS

a knife and threatened to kill me and then himself after I asked him to return his overdue library books.

"I managed to get the knife from Michael, then methodically collected all the sharp objects in the house into a single Tupperware container that now travels with me. Through it all, he continued to scream insults at me and threaten to kill or hurt me."

She also writes about how there needs to be more resources to help mentally ill children in the U.S., who far too often end up in jail.

"No one wants to send a

13-year-old genius who loves Harry Potter and his snuggle animal collection to jail. But our society, with its stigma on mental illness and its broken health-care system, does not provide us with other options. Then another tortured soul shoots up a fast-food restaurant. A mall. A kindergarten classroom. And we wring our hands and say, "Something must be done," she wrote.

Long and her parenting skills, which she has blogged about for years, have also been sharply criticized, particularly for exposing her son to the attention of the world.



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# Police bias let Pickton keep killing: Inquiry

## 63 recommendations.

Report says the disappearance of sex-trade workers was considered routine

Bias against the poor, aboriginal, drug-addicted sex workers in Vancouver's troubled Downtown Eastside led to a series of failures that allowed serial killer Robert Pickton to hunt unimpeded by police for years, a public inquiry has found.

Commissioner Wally Oppal's 1,448-page report, released Monday, chronicles years of mistakes that allowed Pickton to lure dozens of women to his farm in Port Coquitlam, B.C., with little interference from police and even less concern from the public.

"Put yourself in the shoes of one of the missing and murdered women and think how it would feel if you were ... considered unworthy of attention," said Oppal in a news conference.

When relatives and friends



RCMP delayed interviewing Robert Pickton, above, because he was "busy" on the farm, a report says.  
THE CANADIAN PRESS FILE

attempted to report those women missing, officers and staff with the Vancouver police department told them the women were transient drug addicts who weren't in any trouble.

Among other mistakes, Oppal criticized authorities for being reluctant to accept the possibility of a serial killer, handing the investigation

to untrained officers, halting work for months at a time and assuming the disappearances stopped before they did.

He made 63 recommendations, including a regional police force for the greater Vancouver region and policy changes to ensure they reflect the needs of impoverished women.

"It is my ardent hope that British Columbia never has another chapter like this in its history," said Justice Minister Shirley Bond, her voice breaking, to reporters.

Bond said the government would implement Oppal's call for immediate funding for a 24-hour centre in the Downtown Eastside for sex workers by announcing \$750,000 to help the WISH drop-in centre expand its service. She also said planning will begin to address Oppal's call for a transportation service along the so-called Highway of Tears, a notorious stretch of highway in the province's north where a long list of women and girls have vanished or been found murdered.

THE CANADIAN PRESS



## So this is what a 35-car pileup looks like

A car is caught between two semi trucks Monday in a pileup on a slippery highway near Quebec City that involved more than 35 vehicles. The accident on Highway 40 in Portneuf, Que., involved transport trucks and cars, and multiple collisions that saw some cars hit repeatedly. A number of people sustained minor injuries.

JACQUES BOISSINOT/THE CANADIAN PRESS

## Ritalin not for the healthy, journal asserts

An article in the Canadian Medical Association Journal says doctors should consider refusing requests by healthy patients for cognitive-enhancement drugs like those used to treat attention deficit disorder.

Prescription stimulants such as Ritalin and Dexedrine are often used to increase focus, concentration and memory.

Co-author Cynthia Forlini of McGill University in Montreal says there is little evi-

dence that the medications benefit healthy people and their side-effects may cause harm.

She says some studies suggest up to 11 per cent of university students take them.

THE CANADIAN PRESS



# Language spat delays election-shooting case

## Attack on Parti Québécois. Richard Henry Bain refuses to receive psychiatric assessment from French-speaking doctor

The man charged in Quebec's election-night shooting has refused to speak to a French-speaking psychiatrist, causing

a delay in his case.

Richard Henry Bain was expected to receive the results of his assessment on Monday to determine whether he was fit to stand trial.

But the case was put off until Jan. 11 while the hospital that conducts the evaluation finds a different doctor. Bain will remain at Montreal's Pinel Institute until then.

Stagehand Denis Blanchette was killed and another worker was wounded in the Sept. 4 at-

### Quoted

**"I fight for freedom, democracy, justice and to speak one's mother's tongue."**

Richard Henry Bain told the court during his earlier Dec. 7 hearing.

tack at a downtown club where the Parti Québécois was celebrating its election victory.

Bain faces 16 charges, in-

cluding first-degree murder; three of attempted murder; arson; and a number of weapons counts. The Crown said Monday the investigation remains open and other charges have not been ruled out.

Bain's court appearance Monday was far less dramatic than his previous one when he delivered a lengthy rant about being sent on a mission by Jesus Christ to rid Quebec of its "separatist problem."

THE CANADIAN PRESS



Quebec Premier Pauline Marois told a TV show recently she believes she was the target of the election-night attack. BEBETO MATTHEWS/THE ASSOCIATED PRESS

## Canadian on death row. Foreign affairs minister requests clemency

The Canadian government has sent a letter to Montana's governor requesting that he spare the life of death row inmate Ronald Smith.

The Dec. 10 letter from Foreign Affairs Minister John Baird to Montana's outgoing Gov. Brian Schweitzer is almost identical to one sent to the Montana Board of Pardons and Parole a year ago prior to the Alberta man's clemency hearing. It makes it clear that the Federal Court ordered the federal government to support Smith's case for clemency.

"The government of Canada requests that you grant clemency to Mr. Smith on humanitarian grounds," writes Baird. "The government of Canada does not sympathize with violent crime and this letter should not be construed as reflecting a judgment on Mr. Smith's conduct."

Smith has been on death row since admitting he murdered Thomas Running Rabbit and Harvey Madman Jr. near East Glacier, Mont., in 1982.

The Harper government initially refused to back Smith's calls for clemency, saying he was convicted in a democratic country. But the Federal Court



Ronald Smith THE CANADIAN PRESS FILE

ruled Ottawa must follow a long-standing practice of lobbying on behalf of Canadians sentenced to death in other countries.

The Montana Board of Pardons and Parole recommended against granting clemency to Smith. The matter is now in the hands of Schweitzer, a two-term Democrat, who is to officially leave office in a matter of weeks.

Schweitzer hasn't commented since the clemency hearing, but earlier indicated he didn't want to leave a decision up to his successor.

THE CANADIAN PRESS

### Federal election results

## Lawyers wrap up arguments in robocalls case

The electoral fates of six Conservative MPs, once strictly the purview of Canadian voters, landed in the hands of a judge Monday as lawyers on both sides of the so-called robocalls case wrapped up their arguments.

It now falls to Federal Court Judge Richard Mosley to decide whether the evidence merits the drastic step of throwing out the results of last year's federal election in the six ridings in question.

THE CANADIAN PRESS

### Human remains in bag

## Cape Breton police expect more arrests in homicide

Police in Cape Breton say more arrests are expected in the gruesome case of a young woman whose remains were found in a hockey bag in May.

On Sunday, police confirmed that a second man — 37-year-old Brian Augustine Deruelle of Glace Bay — was arrested and charged with accessory after the fact in the death of 21-year-old Laura Catherine Jessome. On Saturday, police laid the same charge against Robert Edwin Matheson, 49, also from Glace Bay. THE CANADIAN PRESS

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## Public consultation

## CRTC wants input on 911 service

The CRTC is asking Canadians for ideas on how to improve the 911 emergency service in light of changing technology.

The Canadian Radio-television and Telecommunications Commission said it will review the findings of the public consultation by the end of next May. "Each year, the 911 system is relied upon by thousands of Canadians during emergency situations," commissioner Tim Denton said in a news release.

Denton will conduct research on 911 services in light of the telecommunications system's evolution to next-generation networks based on Internet protocol.

THE CANADIAN PRESS

## Discount travel

## Air Canada sets launch date for new carrier

Air Canada plans to launch its new low-cost airline Tuesday in Toronto. The company gave few details but promised more information would be released at the event. Air Canada executives will be on hand and the company will also host a vacation giveaway in downtown Toronto.

The unnamed discount carrier will focus on leisure destinations in the United States and Caribbean and some routes in Europe.

It will begin operations with two Boeing 767-300ER and two Airbus A319 aircraft that will be released from Air Canada's mainline fleet. THE CANADIAN PRESS

# Governor's summer holiday didn't break conflict rules: BoC

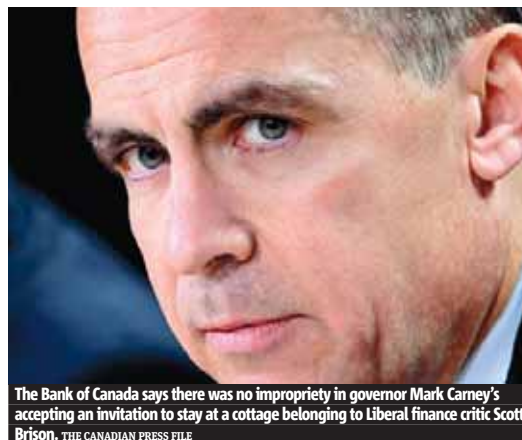
**Most boring cottage party ever?** Carney vacationed with Liberal finance critic while he was being courted for leadership race

The Bank of Canada tried to quell questions about its governor's impartiality and judgment Monday, saying Mark Carney was not a part of conflict rules by vacationing in the summer at the cottage of the Liberal finance critic.

The central bank confirmed a weekend report that Carney stayed at Scott Brison's Nova Scotia cottage while key members of the Liberal party were courting him for the leadership.

Spokesman Jeremy Harrison said there was nothing improper in the visit, and that bank duties were not discussed.

"The Bank of Canada's general counsel, who is respon-



The Bank of Canada says there was no impropriety in governor Mark Carney's accepting an invitation to stay at a cottage belonging to Liberal finance critic Scott Brison. THE CANADIAN PRESS FILE

sible for enforcing the bank's conflict-of-interest policy, has assessed that this visit does not breach the bank's conflict of interest guidelines in any way," Harrison said.

"Neither the Bank of Canada nor governor Carney have an actual or potential commer-

cial or business relationship with Mr. Brison."

Harrison added that Carney and Brison had been friends for about a decade and that the visit to the MP's cottage at Cheverie, N.S., cannot "be defined as partisan or political activity."

THE CANADIAN PRESS

## RIM. Rogers begins orders for 'all-touch' BB10 devices

Rogers Communications says that its current wireless customers are now able to place orders for BlackBerry 10 smartphones.

The new BlackBerry 10 devices on offer will be "all-touch" and won't have the physical keyboard that BlackBerry users are used to typing on. But Rogers won't be providing details on pricing, availability or specifications until early in the new year.

Research In Motion has previously said an "all-touch" version of its new phones would be released first, followed by a model with a physical keyboard shortly afterward.

RIM announced separately that it's giving an invitation-only preview of the BlackBerry 10 to more than 120 select government and private-sector customers in a variety of industries.

The two announcements are part of efforts to build interest in a new generation of BlackBerrys in hopes of reviving the Canadian technology company. THE CANADIAN PRESS

## Market Minute

**DOLLAR**  
101.66¢  
(+0.29¢)

**TSX**  
12,281.35 (-15.37)

**OIL**  
\$87.20 US (+47¢)

**Natural gas:** \$3.36 US (+4¢)  
**Dow Jones:** 13,235.39 (+100.38)

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## Cutting workplace 'gender gap' could create economic growth, OECD says

Governments looking to boost growth should focus on further narrowing the "gender gap" that continues to hold women back in education, employment and entrepreneurship, a new report said Monday.

Women continue to earn less than men, are less likely to make it to the top of the career ladder and are more likely to spend their final years in poverty, according to Closing the Gender Gap, released by the Organiza-

## Solutions

- A key part of the solution is promoting access to affordable childcare, the OECD report says. "If childcare eats up one wage so that there is little or no financial gain in going out to work, parents (most often mothers) are less likely to seek a job."
- While women have largely caught up or surpassed men in education, girls remain less likely to choose scientific and technological fields of study, the OECD report said, pointing to a need to change gender stereotypes and attitudes early on.

tion for Economic Cooperation and Development.

Trimming or eliminating this discrimination could

provide a significant source of growth for ailing economies, the OECD says.

On average, a 50 per cent decrease in the gender gap in labour force participation would lead to a 0.3 percentage point increase in annual GDP per-capita growth rate in OECD countries.

"Investment in gender equality yields the highest returns of all development investments," the OECD report said. THE ASSOCIATED PRESS

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# IT'S ACTUALLY NOT THE END OF THE WORLD



**SHE SAYS...**  
Jessica Napier  
metronews.ca

Do you have all of your affairs in order? Have you told all of your friends and family just how much you love them? Because if the fear-mongers are to be believed, we only have a few days left to say

our goodbyes before an apocalyptic end-of-days descends upon us all on Dec. 21.

A fate foretold by hieroglyphs and perpetuated by a terrible John Cusack disaster movie, the Mayan doomsday prophecy represents the end of the Mesoamerican Long Count calendar. This so-called Day of Reckoning will bring about something (although no one is quite sure what exactly) that will mean the end of the world as we know it.

## Prepping for reality

And yet, despite all the evidence to the contrary (you know, science), people around the world are very into this faux-pocalypse.

But before you get too nervous about solar flares, catastrophic floods and swarms of killer bees, just stop. NASA went and debunked the whole thing by releasing a video entitled *Why the World Didn't End Yesterday*, a whole 10 days ahead of schedule. Their official statement is something along the lines of: "Our planet has been getting along just fine for more than four billion years so everybody just relax, OK."

And yet, despite all the evidence to the contrary (you know, science), people around the world are very into this faux-pocalypse. Alarmist bloggers are convincing people to hunker down with canned goods while New Age visionaries are purchasing one-way plane tickets to a remote village in Turkey renowned for its protective energies. And then there's that Chinese farmer who is spending hundreds of thousands of dollars building an ark as a precautionary measure — AN ARK!

I'm tempted to join in on the fun: host a doomsday pity party for myself and listen to Britney Spears' *Till the World Ends* on repeat while drowning my sorrows in a pint of Häagen-Dazs Mayan Chocolate ice cream. But rationally, we all know that we've got nothing to worry about; we're still buying Christmas presents and making plans for New Year's Eve. I'm actually inclined to think that the whole thing might just be a way for companies to cash in on tasteless apocalypse-blowout-sales and end-of-the-world-themed merchandise.

So even though I love a good conspiracy theory, I think I'll side with our modern-day scientists over an ancient civilization and their 5,125-year-old calendar. However, if your Judgement Day predictions involve a sexy astronaut version of Ben Affleck saving us all from a rogue asteroid, you definitely have my attention.

Follow Jessica Napier on  
Twitter @MetroSheSays



The Mayans never predicted the world would end Dec. 21. The date marks the end of the 13th baktun, a time to flip the calendar to the 14th baktun — a significant day and cause for celebration. PETERCASTLETON/FlickR

# Do you do takeout?



SOLENT

## Culinary world record

### World's largest pizza gets served

Five Italian chefs have set a new record for the world's largest pizza, which is a staggering 40 metres in diameter — the length of nearly three buses.

Such was the size of the massive margherita that the chefs in Rome had to bake the dough in 5,234 separate batches over a 48-hour period.

The gargantuan food item is made gluten-free in order to raise awareness about celiac disease, the most frequent food intolerance worldwide.

METRO

## What's in a name



"We named the pizza Ottavia (after Roman Emperor Octavian Augustus Caesar) to symbolize the hope of a great economic and cultural revival."

Dovilio Nardi, head of the Italian chef quintet

## Too cheesy?

- 8,981 kilograms of gluten-free flour, mixed with 11,274 litres of water
- 4,535 kilograms of tomato sauce
- 675 kilograms of margarine
- 250 kilograms of salt: over 40,000 times an adult's recommended daily allowance
- 3,991 kilograms of cheese
- 100 kilograms of lettuce
- 25 kilograms of balsamic vinegar
- 1,354 litres of yeast

## Extra, extra large

# 23,224

kilograms is the total weight of this prodigious pizza. The colossal size is the same as more than 68,300 regular frozen pizzas put together.

The team broke the previous record, set in 1990 by Norwood Pick 'n Pay supermarket in South Africa. The former record holder's pizza was made of gluten and measured 37 metres.

## Online

For more of Metro's voices, visit [metronews.ca](http://metronews.ca).



Register at [metropolitanpanel.ca](http://metropolitanpanel.ca) and take the quick poll

If you had been the owner of the Ikea monkey, how would you have dressed it for its international debut?

60%  
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WOULD  
REQUIRE NO  
FANCY ATTIRE!

0%  
IN AN UGLY CHRISTMAS  
SWEATER

20%  
I ADMIRE THE  
SHEARLING  
COAT — HE  
KEPT IT  
CLASSY

20%  
IN AN 'I HEART  
BIEBER' T-SHIRT

## Twitter

**@carebear\_cp:** I think my bus driver must be really in the Christmas spirit! Greeted everyone and announced transit station over the speaker #yeg

**@keelyamberbee:** Guy on the train is dressed in full ski unitard, ski boots, helmet, goggles and is carrying two skis... Um where are you going?? #yeg

**@pamrobertson:** Took my granddaughter down Candy Cane Lane on Saturday night. Such a delight to see the world through her eyes! #love #Christmas #yeg

**@thepolishviking:** Where on earth are all these ladybugs in my house coming from?? #yeg #wtf



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Variety Dollar:  
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With Dec. 21 fast approaching, we ask a few celebs what they might do if they were faced with the end of the world

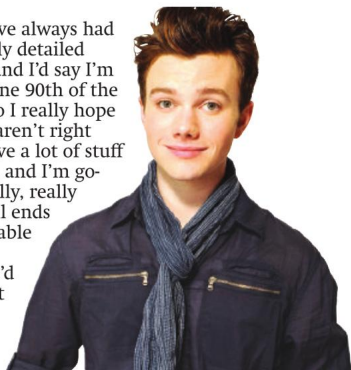
NED EHRBAR

Metro World News in Hollywood

## CELEBRITY BUCKET LISTS

### Chris Colfer (Glee)

You know, I've always had a really, really detailed bucket list, and I'd say I'm only about one 90th of the way there, so I really hope the Mayans aren't right because I have a lot of stuff I want to do, and I'm going to be really, really pissed if it all ends and I'm not able to. If I had a month left, I'd probably just go on a very expensive



### Joel McHale (Community)

An end of the world bucket list? Yes. A really sturdy bucket.



### Maggie Grace (Taken 2)

Honestly, one of my sort of bucket list items I just ticked off. I did a Broadway play for the first time. It was terrifying. But it's something I've wanted to do since I was 11 years old. So I at least checked one off.



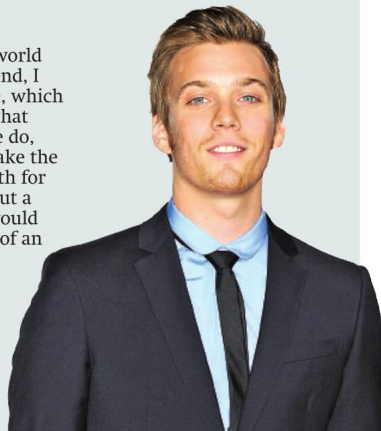
### Teresa Palmer (Warm Bodies)

Oh gosh, end of the world bucket list? Yeah, I would've liked to have had a baby before the end of the world, but there's not really time for that. I'm not sure what I'm going to do. I want to jump out of a plane, for sure. I would just eat so much food, 24/7 just eat and eat and eat. Travel around the world, eating from all different cultures. That'd be amazing.



### Jake Abel (The Host)

If I knew the world was going to end, I would skydive, which is something that normal people do, but it would take the end of the earth for me. But without a parachute. I would just jump out of an airplane.



### Kellan Lutz (The Twilight Saga)

No, I don't (have one), because I don't believe the world's going to come to an end. God never gave a date so I don't believe it's going to happen. So there's no need for me to make a plan B with all that. I'm just living my life every day to the fullest.



Week of Armageddon

Check out Metro all week for more stories of apocalyptic proportions.

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## Matt Damon sets it straight

Matt Damon has been dodging gay rumours ever since he and best friend Ben Affleck burst on the scene with *Good Will Hunting*, but he's avoided acknowledging them — until now. "I never denied those

rumours because I was offended and didn't want to offend my friends who were gay — as if being gay were some kind of f---ing disease," he tells *Playboy* magazine. "It put me in a weird position in that sense. The whole thing was just gross."



Matt Damon

### Twitter



@HackedOffHugh

Taking gooner nephew to Emirates. Thanks to all Walcotts. Will try not to start ruck.



@ZacharyQuinto

lately been feeling like the disgruntled child of divorced parents twitter and instagram. pull it together you guys. this is embarrassing.



@EmmaBunton

So many people running on the streets of London, that's it im gonna get fit,,,,,, after Christmas!!!



@Joan\_Rivers

I love celebrity Christmas carols. in Jessica Simpson's house they'll stand around the piano singing, "I Saw Daddy Kissing Santa Claus."



Jason Trawick and Britney Spears PHOTOS GETTY IMAGES

## Oops! I did it again? Break up talk circulates for Britney and beau

Britney Spears' relationship with Jason Trawick may be about to end, though the *X Factor* host and pop star is apparently the last to know, according to Hollywood scoop.

"Jason has told Britney's entire family that he's planning to leave her so Britney

will have a support system when he breaks the bad news," a source says of the couple, who are reportedly spending the holidays apart. Trawick is said to be waiting until Spears' work on the current season of the *X Factor* is wrapped before dumping her.

## Freeman didn't comment

A quote attributed to Morgan Freeman in the wake of the Newtown, Conn., school shooting tragedy has been making the rounds on the social networking site, suggesting media coverage encouraged the shooter. The only problem is those aren't Freeman's words. "Morgan neither made statements or posted those statements. We are trying to find out who did, but they did not originate from him," a source for the actor tells *E!* News.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

## The big ol' babies of 2012



THE WORD

Dorothy Robinson  
scene@metronews.ca

pregnancy known to man, Simpson finally birthed baby Maxi on May 1. And now she's allegedly pregnant again. That, or maybe she's just constantly gestating.

**Who:** Jack Pratt  
**Parents:** Anna Farris and Chris Pratt

Not a lot of fanfare was made about baby Jack's somewhat premature appearance on Aug. 25. Instead of gracing any magazine covers to showboat the news, new dad Chris Pratt Tweeted this message to his followers, "It's a boy! Thanks for all your kind words. In lieu of gifts we ask that you mouth kiss a stranger."

**Who:** Edward Duke Rancic  
**Parents:** Bill and Giuliana Rancic

After years of unsuccessful IVF treatments and a miscarriage and then a breast cancer diagnosis, the Rancic family finally had a bit of good news: Their baby Edward Duke was born via a gestational carrier on Aug. 29.

**Who:** Tennessee Toth  
**Parents:** Reese Witherspoon and Jim Toth

The baby, whose name still sounds like a brand of whiskey to me, was born on Sept. 27.

**Who:** Maxwell Johnson  
**Parents:** Jessica Simpson and Eric Johnson

After following the longest



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CBC



# Last minute holiday health

**Fitness.** Celebrity trainer Ashley Borden has a Christmas gift for you: expert tips to avoid temptation

ROMINA  
MCGUINNESS  
life@metronews.ca

What was the point of kicking yourself into shape last January if you're going to let all your efforts go to waste in the last two weeks of the year?

"You should absolutely indulge during the holidays because if you restrict yourself, you'll only feel deprived and frustrated," Ashley Borden, who trains celebrities including Ryan Gosling, Christina Aguilera and Ke\$ha, tells Metro. "The problem is that people tend to adopt an 'all or nothing' attitude and as a result, their fitness and diet completely goes out of the window."

Here's what she'd do in certain situations.

## Scenario 1: There is no way I can ditch my family so I can go off and do some exercise.

"I don't believe that because you're with your family, you can't take the time out to workout," says Borden.

"Why would you turn off your life and drop the things that are actually helping you feel good? Many people find dealing with the full family dynamic both stressful and emotional — making it even more important that you set aside an hour or so each day of 'me' time where you can let off some steam.

"It may seem a little self-

ish, but don't care."

**TIP:** Focusing on yourself will make you a more productive family member because you'll feel less resentful for being locked in the house stuffing the turkey and chopping up carrots.

## Scenario 2: The holidays are about switching off. I don't want to stick to a schedule.

"Normally, people find it easy to stay on track because they follow a set routine. They get up, cycle to work, have breakfast and so on," says Borden. "But during the holidays, because there isn't the same schedule and structure, diet and fitness habits can become very erratic. The assumption is that once it's all over, losing the extra weight and bloat will be easy when deep down we all know we're going to struggle. The key is to not schedule in exercise. Make loose but firm plans — book a spinning class or stock up on fruit and vegetables so you have something to snack on."

**TIP:** Wake up without an alarm. Have some breakfast before you do a quick 30 minute cardio workout. Once you've done that, you can relax for the rest of the day.

## Scenario 3: Festive food is my favourite. I'm going to starve myself all day just so I can stuff my face at dinnertime.

"Never assume that it's OK to skip meals during the day in order to lash out at Christmas dinner. This kind of behaviour will really screw up your eating patterns," warns Borden.

"Your body can't assimilate and metabolize all these calories at once and that's how you end up gaining weight. It's much easier to eat a normal dinner and allow yourself a bit of indulgence. One slice of cake won't make

or break your body."

**TIP:** On days when you know you're likely to over-eat, try and break a sweat for at least 20 minutes.

## Scenario 4: It's impossible to workout in my hotel.

"If you're really stuck at your

in-laws in the middle of nowhere, you always have your body weight to use.

Set up a mini circuit in your room — even if you have very little space, you can train for around 30 minutes by doing reverse lunges, planks or pushups.

If you want to do some cardio, pack a jump rope."

**TIP:** Invest in some resistance bands with handles. And, again, pack a jump rope in your luggage.



Don't get sucked into the Santarexic habits this month. THINKSTOCK

## Tips to a stress-free holiday

December should be a month of indulgence and happiness — then why is it always a time of conflict and drama? Laura Oates, behavioural psychologist at Harley Therapy in England, tells us how to avoid a mental breakdown.

### Sorry, Christmas is not a Kodak moment

"We're expected to believe that as if by magic, we're all going to get on famously. We all wish we had a loving family that peacefully opened their presents on Christmas day, but in reality, you all wake up late, moody and hung over. Make the best of what you've got and you won't feel so cheated. If things go horribly wrong — well it only lasts a few days."

### Have an attitude of gratitude

"The holidays can be a time of forced bonding and jollity, but rather than dwell on all the bad stuff, think about what you're thankful for. Yes, you might feel like punching Auntie Phyllis by the time she's had her third whisky, but if you remind (yourself) that you only have to spend one day a year with her — you'll have more patience."

### Pretend you're still at work

"What makes you more effective at work can help you save time and beat stress at home. Time management skills: Salami slicing is time consuming, so do that first. Think of present buying as you would a big project — you'd never leave it to the very last minute. And if your sister is spoiled and a bully, deal with her assertively."

### Don't trash your body

"Put too many demands on your body and what will happen is that you will end up running on adrenaline, which can cause up to 60 per cent of your cognitive powers to be taken away from you. You can lose sleep and concentration — now try planning something. Look after your body and it will look after your mind. Don't expect it to take you to loads and loads of parties."

3  
TIPS

# Velvety chocolate flavour shines in rich cheesecake



**ROSE REISMAN**  
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rosereisman.com

You'll never eat a cheesecake that's so dense and rich tasting, yet so low in fat and calories. The combo of semi-sweet chocolate and cocoa powder gives this cheesecake its velvety chocolate flavour. Garnish it with fresh berries.

It comes in at 259 calories and just 10 grams of fat per serving.

**1.** Preheat oven to 350 F. Spray 9-inch springform pan with cooking oil.

**2.** Crust: Combine wafer crumbs, 2 tbsp water and oil in bowl and mix well. Pat onto bottom and slightly up sides of springform pan.

**3.** Filling: Combine chocolate chips and 2 tbsp water in microwaveable bowl and microwave for 40 seconds. Stir until smooth.



This recipe serves 12. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

**4.** Combine chocolate mix with ricotta and cream cheese, 1 cup sugar, cocoa, egg and 1/2 cup sour cream in bowl of food processor and purée until

smooth. Pour over crust. Bake 30 minutes. Centre should still be slightly loose.

**5.** For topping, mix sour cream

## Ingredients

### Crust

- 2 cups chocolate wafer crumbs
- 2 tbsp water
- 1 tbsp vegetable oil

### Cheesecake

- 1/3 cup semi-sweet chocolate chips
- 2 tbsp water
- 1 1/2 cups light smooth ricotta cheese
- 3/4 cup light cream cheese
- 1 cup granulated sugar
- 1/4 cup unsweetened cocoa powder
- 1 large egg
- 1/2 cup low-fat sour cream
- 2 tbsp all-purpose flour

### Topping

- 1 1/4 cups low-fat sour cream
- 2 tbsp sugar

and sugar. Carefully spoon over cake. Bake another 10 minutes. Cool on rack, then chill completely before removing the sides of the pan and serving. Top with chocolate wafer crumbs. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)**

## Health Solutions

### Your holiday cheat sheet



**NUTRI-BITES**  
Theresa Albert, DHN, RNCPT  
myfriendinfood.com

Oh, come on, it's the holidays! We both know you are going to eat more than you should, so let's just embrace it. I encourage my private clients to switch to a "nutrient per calorie" model when they are going to cheat. That means that if you can't keep calories low, focus on those items that are loaded with nutrients and use them to enhance your "cheats." Here are three ideas:

#### 1. Cranberry sauce

Assuming it is homemade and not from a can (which likely means more sugar), this condiment is a great way to stretch that brownie/Nanaimo bar/cake you have on your plate. A couple of tablespoons on the side will

give you a filling, tart kick of phytonutrients and fibre. The hope is that you can now resist that second slice...

#### 2. Spice it up

Your brain registers intense flavours more actively than bland ones. This means that adding spiciness or low calorie intensity may help you feel satisfied with less food. Think hot sauce, spicy mustard or even horseradish — all will perk up your palate!

#### 3. Fresh herbs

Oh, I know they are often only on the platter for garnish but who says you can't hog garnish? Fresh herbs are full of chlorophyll and tummy soothing nutrients that may replace the extra space on your plate that you are tempted to fill with mashed potatoes.

**THERESA ALBERT IS AN AUTHOR AND ON CALL, PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MY-FRIENDINFOOD.COM**



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# Games to raise your money IQ

## Alison on Money.

Website's game, called Cranial Cash Clash, helps teach you money skills



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

It's not too late to raise your holiday money IQ! If you're feeling a little overwhelmed as the big day draws near, there's nothing like a game to improve your outlook.

The Investor Education Fund (getsmarteraboutmoney.ca) has created Cranial Cash Clash, a series of interactive games to teach money skills. The latest, Gift Thrift, offers tips about holiday spending, the use of credit cards and related topics such as credit ratings. You may find that a couple of the questions have fairly obvious answers, but they do get you thinking.

On the other hand, there are

many you likely don't know.

Try this one: If you decide to give a gift to your favourite charity or charities, does the amount you give affect the tax credit you receive?

Which is right?

A. No. As long as they are accredited charities, the benefit to you is the same.

B. Yes, but there may be restrictions for out-of-province charities.

C. Yes, the tax credit goes up if you give more than \$200.

D. No, it's a 15 per cent credit no matter how much you give.

The answer is C.

Gift Thrift can be played via Facebook with friends or family members. The Leaderboard lets you log in and keep track of scores as you go. There are eight other Cranial Cash Clash games dealing with everything from investing to financial scams and debt. The questions are randomized so you can't practice the answers for a certain win.

Bonus points are awarded when you answer within a certain time. If you flub, as I did on

## Pop quiz

What is the interest free grace period on credit cards?

- A. There isn't one
- B. 30 days
- C. 14 days
- D. 21 days

• Answer (D)

a question about credit scores (my finger slipped, really!), you can input your email address at the end of the game to receive information about that subject area. You'll also see a link to a more detailed explanation.

Though not designed for youth, the series is also a great way to get teens and young adults thinking and talking about money issues. They won't be familiar with many of the topics, but the questions will stimulate discussion.

Cranial Cash Clash is a nice break from holiday shopping.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



## Christmas presents

## Gift buying for awkward people



**FUN AND FRUGAL**  
Lesley Scorgie  
money@metronews.ca

So your dad has a new girlfriend and you're still warming up to her. Sure, she seems nice enough, but without knowing much about her personal tastes, what should you buy her for the holidays when your budget is already tight?

We've all been faced with the "what to buy for the awkward person in your life" dilemma. You don't want to waste your money or offend your boss, co-worker, a not-too-close friend, or someone your friend or family member is dating. You may even want to impress the person with something useful or miraculously thoughtful.

Before you hit up the mall for the latest infomercial gadget, understand the relationship of the person to you and what they mean to you today and in the future. If you and your brother-in-law are off to a rocky start, you may want to extend a thoughtful olive



It can be tough to find an appropriate gift for every person in your life. ISTOCK IMAGES

branch that could help mend a bridge or two. If it's your boss, watch what you spend so that you don't come off looking like a suck-up, especially if your coworkers find out.

Determine the appropriate price point for the person. Have an open discussion with friends and family members in advance and set limits. This might be an opportune time to introduce the idea of a frugal Secret Santa gift exchange where you're only responsible for buying one gift for one person.

Be resourceful. Investigate what the person would want or need. Listen carefully when in conversation to see if they give away any hints. Ask some-

one who knows them well what they'd enjoy. Are they a coffee connoisseur or movie buff? If so, perhaps a travel mug, which reduces waste and saves a few pennies at the till, or a gift card to the movies, would be appropriate.

Cash in your loyalty rewards toward the gift so you don't have to dig deeper into your wallet. Better yet, forget buying a gift and make a donation on behalf of your coworkers to a well-known charity.

Overall, stop while you're ahead. You don't need to buy gifts for everyone in your life. This results in overspending or spreading out your budget so thin that you'll end up buying junk for people rather than something useful or thoughtful. If you've got loads of people you'd like to please with presents, try baking or making something small and thoughtful.

A frugal gift of appreciation for that awkward person might go a long way toward making the relationship more pleasant.

But if you really don't like the person, forget a gift and simply save your money.

Follow Lesley on Twitter  
@LesleyScorgie



# Talk with kids about shooting, make them feel safe: Experts

**Family.** Following the Connecticut shooting, it's best to limit kids' exposure to media

The killings at a Connecticut elementary school left parents struggling to figure out what, if anything, to tell their children.

President Barack Obama said he and his wife, Michelle, would tell their daughters that they love them and hug them a little tighter. Experts say that's a good example to follow. Parents also should allow children to talk about their feelings in the coming days while sheltering them from the 24/7 media coverage of the event, they say.

A man gunned down more than two dozen people Friday, most of them kids at a Newtown, Conn., elementary school. The shooter was among the 28 people left dead, apparently from a self-inflicted wound.

Whitney Finucane wasn't sure how and when she would talk with her son, Nico, about the shooting. She kissed and hugged him when he came out from kindergarten at Dr. Martin Luther King Elementary in

Providence, R.I., on Friday.

"I don't know how to explain insanity and evil to a five-year-old," she said. "I don't know that he can really grasp it."

Even the youngest schoolchildren are likely to hear about it, said Glenn Saxe, chairman of the department of child and adolescent psychiatry at NYU Langone Medical Center.

"It's really important, especially at this time, for parents to check in with their kids, to be attuned to how they're feeling, how they're doing and to answer questions honestly and straightforwardly," he said. "For any other kid in school, this has meaning. Parents need to understand that even in surprising ways, this can affect their kids."

Parents can start by asking their children what they've already heard and what questions they have, said Dr. David Schonfeld, a pediatrician and director of the National Center for School Crisis and Bereavement at Cincinnati Children's Hospital Medical Center. If they ask why someone would do something like this, it's OK to say you don't know.

"I wouldn't provide false reassurance or dismiss legitimate concerns," he said. "We

## Safety at school

As students head back to their classrooms on Monday, parents and children should know that school shootings are rare and schools still are among the safest places, said William Lassiter of the Center for the Prevention of School Violence. Parents can ask their principal or parent-teacher group for a copy of their school crisis plan.

Notice whether schools stick to their own security plans, he said. Do people have to check in at the door and sign in at the front office, for example?

"A lot of times, the parents are the ones who need to remind the school," he said.

don't help children by telling them they shouldn't be afraid of things that are frightening."

Parents can tell their kids, "What is most important is that you're safe and you're going to be safe," said Dr. Louis Kraus, chief of child and adolescent psychiatry at Rush University Medical Center in Chicago.

Above all, parents need to try to help their children feel safe, he said. Helping kids return to or maintain normal routines can help minimize their anxiety, Kraus said.

Some children may ask the same questions over and over as a way to seek reassurance, and parents shouldn't dismiss them, said Dr. David Fassler, a child and adolescent psychia-

trist in Burlington, Vt.

"Acknowledge and validate the child's thoughts, feelings, and reactions. Let them know that you think their questions and concerns are important and appropriate," he said.

Parents of young children should keep their children from hearing reports on TV, radio and social media and to closely monitor exposure to media for all children, several experts said. Children who show persistent signs of anxiety and stress, including recurring nightmares or sleep problems and fears about leaving home, should see their pediatrician or a mental health expert, Kraus said.

THE ASSOCIATED PRESS



It's important to know what to tell your children after a tragedy. ISTOCK IMAGES

## MLB

**Jays make Dickey signing official**

The Toronto Blue Jays officially acquired Cy Young winner R.A. Dickey on Monday, adding the 38-year-old knuckleballer to an improved starting rotation.

The New York Mets traded Dickey to Toronto for a package featuring prized young catcher Travis d'Arnaud.

THE CANADIAN PRESS



R.A. Dickey GETTY IMAGES FILE

## Soccer

**Fans of Russian team call for all-white, non-gay team**

Fans of two-time defending Russian champion Zenit St. Petersburg are calling for non-white and gay players to be excluded from the team.

Supporters' club Land-scrone released a manifesto Monday demanding Zenit to

field an all-white, heterosexual team. It added "dark-skinned players are all but forced down Zenit's throat" and said gay players were "unworthy of our great city."

Coach Luciano Spalletti said on Zenit's website that "tolerance for me is most of all the ability to understand and accept differences."

"Furthermore, being tolerant means that you fight against any kind of stupidity," he added.

THE ASSOCIATED PRESS

## NFL



**"It's something that I'm not focusing on, it's in the back of my mind, but I want to accomplish that."**

Minnesota Vikings running back Adrian Peterson, who is 294 yards away from eclipsing Eric Dickerson's record of 2,105 yards rushing set in 1984 with two games remaining in the season.

# Stamkos staying active while away from NHL ice

**Lockout.** Top sniper trying to 'pick up positives' while awaiting end to labour unrest

The longest hiatus Steven Stamkos has ever taken from high-level hockey is not without its occasional good moments.

There are always plenty of laughs when the NHL star takes the ice for a weekly pickup game with his father Chris and some buddies, a handful of whom are almost three times his age. There is the extra time spent in the gym alongside close friend and mentor Gary Roberts.

And then there is the anticipation of next week's Christmas celebration, the first one he'll get to enjoy at home with family in Markham, Ont., in six or seven years.

"As tough as it is, as frustrating as it is, you try to pick up some positives," said Stamkos.

## Quoted

**"We feel bad for (the fans), but we're obviously trying to get something done."**

Steven Stamkos

But it's clear the NHL's most dangerous scorer is feeling the pain of the lockout. Standing under the sloped roof at the building formerly known as Maple Leaf Gardens on Monday, the locked-out Tampa Bay Lightning forward couldn't help but slip in a few references to his growing displeasure.

"It's frustrating," said Stamkos. "You do something for your whole life and you don't really think anything of it. Everything you do is geared towards playing hockey. Now when you don't have that, it's tough."

The 22-year-old quickly steered the conversation back to a charity game in Toronto on Wednesday night, where he'll captain a team against one led by Montreal Canadiens defenceman P.K. Subban.

He'll get to skate alongside James Neal, Dion Phaneuf, Phil Kessel and Logan Couture, among others, with all of the proceeds from the sold-out Mattamy Athletic Centre benefiting the NHLPA's Goals & Dreams Fund and the RBC Play Hockey program.

"When there's no hockey, you try to find other things to do and a great cause to be part of," said Stamkos. "This is one of them." THE CANADIAN PRESS



Tampa Bay Lightning sniper Steven Stamkos is keeping busy during the NHL lockout by playing pickup hockey, working out and getting involved in charity games. BRUCE BENNETT/GETTY IMAGES FILE

## Stalemate

## No talks scheduled, but NHLPA 'ready to meet'

The standoff continues for the NHL and NHL Players' Association.

Another day passed without communication between the sides, who have no plans to return to the bargaining table and appear to be digging in.

"We've always been willing and ready to bargain," NHLPA special counsel Steve Fehr told The Canadian Press Monday night. "It seems like the league has ... paused or cut the process off several times over the last few months."

"We're ready to meet whenever they're ready to meet."

According to Fehr, he and deputy commissioner Bill Daly last communicated with one another via email on Friday night.

THE CANADIAN PRESS

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NBA				
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	W	L	Pct	GB
New York	18	6	.750	—
Miami	15	6	.714	1½
Atlanta	14	7	.667	2½
Chicago	13	10	.565	4½
Brooklyn	13	10	.565	4½
Milwaukee	12	10	.545	5
Indiana	13	11	.542	5
Boston	12	11	.522	5½
Philadelphia	12	12	.500	6
Orlando	11	13	.458	7
Charlotte	7	16	.304	10½
Detroit	7	20	.259	12½
<b>Toronto</b>	<b>6</b>	<b>19</b>	<b>.240</b>	<b>12½</b>
Cleveland	5	20	.200	13½
Washington	3	18	.143	13½

WESTERN CONFERENCE				
	W	L	Pct	GB
Oklahoma City	20	4	.833	—
L.A. Clippers	18	6	.750	2
San Antonio	19	7	.731	2
Memphis	16	6	.727	3
Golden State	16	8	.667	4
Minnesota	12	10	.545	7
Utah	13	12	.520	7½
Denver	13	12	.520	7½
Houston	12	12	.500	8
Portland	11	12	.478	8½
Dallas	11	13	.458	9
L.A. Lakers	11	14	.440	9½
Phoenix	10	15	.400	10½
Sacramento	7	17	.292	13
New Orleans	5	18	.217	14½

Division leaders ranked in top three positions and best eight teams qualify for playoffs

**Monday's results**  
Orlando 102 Minnesota 93  
Houston 109 New York 96  
L.A. Clippers 88 Detroit 76  
Memphis 80 Chicago 71  
Oklahoma City 107 San Antonio 93  
Phoenix 101 Sacramento 90  
**Sunday's results**  
Toronto 103 Houston 96  
L.A. Lakers 111 Philadelphia 98  
Denver 122 Sacramento 97  
Portland 95 New Orleans 94

**Tuesday's games — All Times Eastern**  
**Toronto** at Cleveland, 7 p.m.  
Atlanta at Washington, 7 p.m.  
Utah at Brooklyn, 7:30 p.m.  
Minnesota at Miami, 7:30 p.m.  
Boston at Chicago, 8 p.m.  
Indiana at Milwaukee, 8 p.m.  
Philadelphia at Dallas, 8:30 p.m.  
San Antonio at Denver, 9 p.m.  
Charlotte at L.A. Lakers, 10:30 p.m.  
New Orleans at Golden State, 10:30 p.m.

**Wednesday's games**  
Utah at Indiana, 7 p.m.  
Detroit at Toronto, 7 p.m.  
Brooklyn at New York, 7 p.m.  
Washington at Orlando, 7 p.m.  
Oklahoma City at Atlanta, 7:30 p.m.  
Cleveland at Boston, 7:30 p.m.  
Philadelphia at Houston, 8 p.m.  
Charlotte at Phoenix, 9 p.m.  
Milwaukee at Memphis, 9:30 p.m.  
Golden State at Sacramento, 10 p.m.  
New Orleans at L.A. Clippers, 10:30 p.m.  
**Thursday's games**  
Oklahoma City at Minnesota, 7 p.m.  
Miami at Dallas, 9:30 p.m.  
Denver at Portland, 10 p.m.

NBA SCORING LEADERS									
	G	FG	FT	PTS	AVG		G	FG	FT
Bryant, LAL	25	246	192	738	29.5		25	246	192
Anthony, NYK	20	190	126	557	27.9		20	190	126
Durant, OKI	23	202	192	632	27.5		23	202	192
James, Mia	21	210	85	533	25.4		21	210	85
Harden, Hou	22	163	181	549	25.0		22	163	181
Aldridge, Por	22	184	93	461	21.0		22	184	93
Westbrook, OKI	23	170	103	478	20.8		23	170	103
Mayo, Dal	24	172	80	490	20.4		24	172	80
Curry, GoS	24	162	85	473	19.7		24	162	85
Pierce, Bos	23	145	125	454	19.7		23	145	125
Wade, Mia	18	134	78	350	19.4		18	134	78
Lee, GoS	24	192	77	461	19.2		24	192	77
Parker, SA	23	176	81	442	19.2		23	176	81
Gay, Mem	21	152	70	398	19.0		21	152	70
Ellis, Mil	22	153	97	419	19.0		22	153	97
Lillard, Por	23	149	81	432	18.8		23	149	81
Anderson, NO	23	162	23	427	18.6		23	162	23
Holiday, Phi	22	162	58	404	18.4		22	162	58
Griffin, LAC	23	173	71	418	18.2		23	173	71
Howard, LAL	25	162	129	454	18.2		25	162	129
Walker, Cha	23	151	90	416	18.1		23	151	90
Bosh, Mia	21	139	99	381	18.1		21	139	99
<b>DeRozan, Tor</b>	<b>25</b>	<b>172</b>	<b>93</b>	<b>450</b>	<b>18.0</b>		<b>25</b>	<b>172</b>	<b>93</b>
Deng, Chi	22	149	75	392	17.8		22	149	75
Randolph, Mem	21	149	71	369	17.6		21	149	71
West, Ind	24	175	72	422	17.6		24	175	72
Jefferson, Uta	24	179	58	418	17.4		24	179	58
Duncan, SA	24	164	85	415	17.3		24	164	85
Williams, Bro	23	130	91	391	17.0		23	130	91
Cousins, Sac	20	130	78	339	17.0		20	130	78
Jennings, Mil	22	139	52	371	16.9		22	139	52
Johnson, Bro	23	149	46	387	16.8		23	149	46
Crawford, LAC	23	125	89	382	16.6		23	125	89
Smith, Atl	20	138	42	331	16.6		20	138	42
George, Ind	24	145	50	394	16.4		24	145	50
Horford, Atl	20	145	36	326	16.3		20	145	36
Felton, NYK	23	150	34	375	16.3		23	150	34
Afflalo, Orl	23	143	56	372	16.2		23	143	56
Martin, OKI	23	109	98	367	16.0		23	109	98
Paul, LAC	23	127	92	369	16.0		23	127	92
Batum, Por	22	117	60	347	15.8		22	117	60
Davis, Orl	23	147	66	360	15.7		23	147	66
Garnett, Bos	23	149	64	362	15.7		23	149	64
Thompson, GoS	24	141	34	377	15.7		24	141	34
Gallinari, Den	24	124	90	375	15.6		24	124	90
Matthews, Por	21	112	56	325	15.5		21	112	56
Parsons, Hou	22	125	45	342	15.5		22	125	45
Gasol, Mem	21	116	92	324	15.4		21	116	92
Turner, Phi	24	144	63	370	15.4		24	144	63
Pekovic, Min	19	113	65	291	15.3		19	113	65

Not including last night's games

RAPTORS STATISTICS				
	G	FG	FT	PTS AVG
DeRozan	25	172	93	450 18.0
Bargnani	21	127	53	337 16.0
Lowry	16	78	72	253 15.8
Calderon	25	87	37	253 10.1
Anderson	8	20	9	70 8.8
Pietrus	8	23	9	66 8.3
Valanciunas	25	79	41	199 8.0
Kleiza	15	41	20	119 7.9
Davis	25	72	37	181 7.2
Johnson	24	66	35	169 7.0
Ross	23	58	6	140 6.1
Lucas	20	29	5	75 3.8
Fields	5	5	2	12 2.4
Acy	4	2	5	9 2.3
Gray	11	9	5	23 2.1

AHL									
EASTERN CONFERENCE									
ATLANTIC DIVISION									
	GP	W	L	OTL	SOL	GF	GA	Pt	
Portland	27	15	10	0	1	82	83	32	
Providence	25	14	9	0	2	61	69	30	
Worcester	26	13	10	1	2	72	78	29	
Manchester	27	12	11	2	2	75	70	28	
St. John's	28	13	14	0	1	66	77	27	
NORTHEAST DIVISION									
	GP	W	L	OTL	SOL	GF	GA	Pt	
Springfield	25	15	5	2	3	87	58	35	
Binghamton	26	12	11	1	1	79	87	27	
Bridgeport	26	12	11	1	2	79	87	27	
Albany	23	9	8	0	6	55	61	24	
Connecticut	26	11	13	2	0	74	88	24	
Adirondack	25	10	14	1	0	61	75	21	
EAST DIVISION									
	GP	W	L	OTL	SOL	GF	GA	Pt	
Syracuse	26	17	6	1	2	95	70	37	
Binghamton	22	14	6	1	1	70	53	30	
W-B/Scranton	25	13	10	1	1	69	68	28	
Hershey	27	13	12	1	1	73	75	28	
Norfolk	24	11	12	1	0	69	74	23	

WESTERN CONFERENCE									
NORTH DIVISION									
	GP	W	L	OTL	SOL	GF	GA	Pt	
Abbotsford	26	15	5	3	3	66	62	36	
Toronto	25	15	9	0	1	85	68	31	
Rochester	24	12	9	2	1	82	76	27	
Lake Erie	27	12	13	1	1	82	88	26	
Hamilton	24	10	12	1	1	55	76	22	
MIDWEST DIVISION									
	GP	W	L	OTL	SOL	GF	GA	Pt	
Grand Rapids	24	13	9	1	1	74	70	28	
Rochford	27	13	12	1	1	88	86	28	
Chicago	24	12	9	2	1	65	71	27	
Milwaukee	26	12	11	2	1	73	79	27	
Peoria	26	11	11	2	2	63	83	26	
SOUTH									
	GP	W	L	OTL	SOL	GF	GA	Pt	
Charlotte	28	17	9	0	2	90	74	36	
Houston	26	14	8	1	3	82	73	32	
Texas	25	13	8	2	2	62	65	30	
Oklahoma City	26	13	9	1	3	86	78	30	
San Antonio	28	10	15	0	3	71	87	23	

Note: Two points awarded for a win, one for an overtime or shootout loss.

**Sunday's results**  
Springfield 3 Manchester 2 (SO)  
Portland 3 Worcester 2  
Grand Rapids 0 Toronto 5  
St. John's 4 Providence 0  
Charlotte 2 San Antonio 1  
Hamilton 3 Milwaukee 4  
Oklahoma City 3 Houston 4 (SO)  
**Tuesday's games — All Times Eastern**  
Hamilton at Peoria, 8:05 p.m.  
**Wednesday's games**  
Abbotsford at Chicago, 12 p.m.  
St. John's at Adirondack, 7 p.m.  
Springfield at Portland, 7 p.m.  
Norfolk at Hershey, 7 p.m.  
Albany at Bridgeport, 7 p.m.  
Toronto at Lake Erie, 7 p.m.  
Rochester at Grand Rapids, 7 p.m.  
W-B/Scranton at Binghamton, 7:05 p.m.  
Rockford at Milwaukee, 8 p.m.  
San Antonio at Texas, 8:30 p.m.  
**Thursday's games**  
Houston at Lake Erie, 7 p.m.  
Peoria at Charlotte, 7 p.m.  
**Friday's games**  
Connecticut at Manchester, 7 p.m.  
San Antonio at Toronto, 7 p.m.  
Peoria at Charlotte, 7 p.m.  
Abbotsford at Grand Rapids, 7 p.m.  
Binghamton at Rochester, 7:05 p.m.  
Worcester at Providence, 7:05 p.m.  
St. John's at Hamilton, 7:30 p.m.  
Albany at Norfolk, 7:30 p.m.  
Adirondack at Syracuse, 7:30 p.m.  
Rockford at Milwaukee, 8 p.m.  
Texas at Oklahoma City, 8 p.m.

**TRANSACTIONS**  
**BASEBALL**  
**COMMISSIONER'S OFFICE** —Suspended Tampa Bay minor league OF Cody Rogers 50 games for refusing to take an offseason drug test.  
**AMERICAN LEAGUE**  
**DETROIT TIGERS** —Agreed to terms with RHP Anibal Sanchez on a five-year contract.  
**HOUSTON ASTROS** —Agreed to terms with DH Carlos Pena on a one-year contract.  
**TORONTO BLUE JAYS** — Traded **C John Buck**, **C Travis d'Arnaud**, **RHP Noah Syndergaard** and **OF Wulmer Becerra** to the **N.Y. Mets** for **RHP R.A. Dickey**, **C Josh Thole** and **C Mike Nickeas**. Agreed to terms with **Dickey** on a three-year contract.  
**NATIONAL LEAGUE**  
**CHICAGO CUBS** —Agreed to terms with 3B Ian Stewart on a one-year contract. Designated LHP Jeff Beliveau for assignment. Agreed to terms with RHP Chang-Yong Lim on a minor league contract.  
**MILWAUKEE BREWERS** —Agreed to terms with INF Donnie Murphy on a minor league contract.

**NBA**  
—Promoted Mike Bass to executive vice president, communications.  
**MEMPHIS GRIZZLIES** —Assigned G Josh Selby to Reno (NBAHL). Recalled G Tony Wroten from Reno.

**NFL**  
—Suspended Washington T Jordan Black four games for violating the league's policy on performance enhancing substances.  
**ARIZONA CARDINALS** —Re-signed OL Mike Gibson. Released DT Ricky Lumpkin.  
**CHICAGO BEARS** —Placed DT Matt Toea on injured reserve. Signed T Cory Brandon from the practice squad.  
**CLEVELAND BROWNS** —Released DB Dimitri Patterson.

**CFL**  
**HAMILTON TIGER-CATS** —Named Kent Austin coach.

**NHL**  
**DALLAS STARS** —Reassigned D Hubert Labrie from Idaho (ECHL) to Texas (AHL).  
**DETROIT RED WINGS** —Reassigned D Gleason Fournier and F Andrej Nestrasil from Toledo (ECHL) to Grand Rapids (AHL). American Hockey League  
**GRAND RAPIDS GRIFFINS** —Recalled F Luke Glendening from Toledo (ECHL).  
**SPRINGFIELD FALCONS** —Released D Chris Reed from a professional tryout agreement and returned him to Cincinnati (ECHL).

**MLS**  
**NEW YORK RED BULLS** —Signed M Juninho.

**COLLEGE**  
**CINCINNATI** —Announced QB Brendon Kay has been granted an extra year of eligibility by the NCAA.  
**SAN JOSE STATE** —Named Ron Caragher football coach.  
**TEMPLE** —Named Matt Rhule football coach.  
**UC DAVIS** —Named Ron Gould football coach.  
**WEST VIRGINIA** —Announced WR Stedman Bailey will enter the NFL draft.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
y-New England	10	4	0	.714	506	315
N.Y. Jets	6	8	0	.429	255	320
Miami	6	8	0	.429	264	279
Buffalo	5	9	0	.357	306	402

SOUTH

	W	L	T	Pct	PF	PA
y-Houston	12	2	0	.857	394	280
Indianapolis	9	5	0	.643	303	389
Tennessee	5	9	0	.357	285	396
Jacksonville	2	12	0	.143	219	383

NORTH

	W	L	T	Pct	PF	PA
x-Baltimore	9	5	0	.643	348	307
Cincinnati	8	6	0	.571	351	393
Pittsburgh	7	7	0	.500	302	291
Cleveland	5	9	0	.357	280	310

WEST

	W	L	T	Pct	PF	PA
y-Denver	11	3	0	.786	409	274
San Diego	5	9	0	.357	299	312
Oakland	4	10	0	.286	263	402
Kansas City	2	12	0	.143	195	367

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Washington	8	6	0	.571	381	350
Dallas	8	6	0	.571	327	338
N.Y. Giants	8	6	0	.571	373	304
Philadelphia	4	10	0	.286	253	375

SOUTH

	W	L	T	Pct	PF	PA
y-Atlanta	12	2	0	.857	371	259
New Orleans	6	8	0	.429	389	379
Tampa Bay	6	8	0	.429	354	349
Carolina	5	9	0	.357	296	319

NORTH

	W	L	T	Pct	PF	PA
y-Green Bay	10	4	0	.714	344	292
Minnesota	8	6	0	.571	319	308
Chicago	8	6	0	.571	321	240
Detroit	4	10	0	.286	330	380

WEST

	W	L	T	Pct	PF	PA
x-San Francisco	10	3	1	.750	357	218
Seattle	9	5	0	.643	350	219
St. Louis	6	7	1	.464	258	315
Arizona	5	9	0	.357	224	302

## Horoscopes

## ♈ Aries

March 21 - April 20

It may be hard to tell fact from fiction today, so don't jump to conclusions. What others say and what others mean are likely to be two different things, so it's essential that you read between the lines.

## ♉ Taurus

April 21 - May 21

Attitude is everything, especially on the work front where you need to convince yourself that all things are possible. Your thoughts, more than ever today, will create your reality. Think success and you will be a success.

## ♊ Gemini

May 22 - June 21

You would be wise not to make any major decisions or announcements today. You may be bursting to tell the world about what you have done but you will get a much better response if you leave it a while.

## ♋ Cancer

June 22 - July 23

You are in danger of making something that is not that important appear bigger than it actually is. Your task today is to focus your mind on something that makes you feel good, something that lifts your spirits to new heights.

## ♌ Leo

July 24 - Aug. 23

Don't be too eager to make changes today because there is a lot you don't know. That applies to all areas of your life but especially to your work and career. Hints and gossip could easily mislead you.

## ♍ Virgo

Aug. 24 - Sept. 23

Most of the time, you put logic before emotion but today's aspects warn you could go right the other way and act on feelings alone. Will it pay off? Maybe not, exactly, but no great harm will come of it.

## ♏ Libra

Sept. 24 - Oct. 23

You will get conflicting information from people with different agendas today and there is no way of knowing who is telling the truth. Therefore, you must ignore everything and act only on what your inner voice tells you.

## ♏ Scorpio

Oct. 24 - Nov. 22

You are reading too much into a situation that is really quite simple. Not only that, but certain individuals are trying to influence your thinking to make you feel insecure. Don't let it happen. Believe in yourself.

## ♐ Sagittarius

Nov. 23 - Dec. 21

If knowledge is power then it stands to reason that the more knowledge you have about what is going on, the more power you have to influence the outcome. But don't give knowledge away or your power will fade.

## ♑ Capricorn

Dec. 22 - Jan. 20

Someone will go out of their way to make life difficult for you today, but if you stay calm and refuse to react you will do your reputation a power of good. Always behave as if the world is watching you.

## ♒ Aquarius

Jan. 21 - Feb. 19

You could easily allow yourself to believe that you can do or say anything without repercussion, which is a dangerous attitude to take. Think before you act today. It could save you a lot of trouble.

## ♓ Pisces

Feb. 20 - March 20

You may think that by supporting certain causes you are doing good in the world but are you truly committed on a personal level? One cause above all others is precious to you — give it your undivided attention. **SALLY BROMPTON**

## Crossword

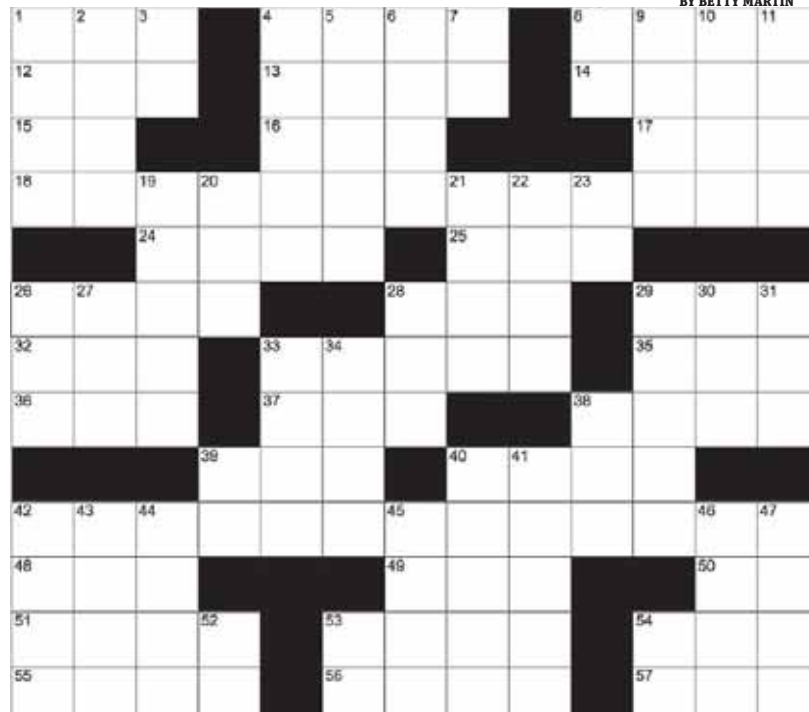
## Across

1. Soft throw
4. Pull behind
8. Portico
12. French soul
13. Called up
14. TV executive Griffin
15. What Gloria called Edith
16. Invoice abbr.
17. Old model car
18. Rain or snow
24. Part of the eye
25. Tic tac toe win
26. Editing mark
28. Sanford and —
29. Coral reef
32. Summer cooler
33. Parisian school
35. Beer
36. Writing implement
37. Contented sighs
38. Elevator pioneer
39. —: Crime Scene Investigation
40. Rattle
42. Susan Lucci daytime soap (3 words)
48. Island welcome
49. Actor Wallach
50. "—the Right Thing"
51. Work on the street
53. General vicinity
54. Gun the engine
55. Olden sword
56. Workplace ogre, sometimes
57. Found on 39 across (abbr.)

## Down

1. Desktop fixture
2. Actor Sharif
3. Who Wants to — a Millionaire?
4. Let the water out
5. Highway exits
6. Hostile
7. "I Will Survive" singer (init.)
8. Size before med. and lg.
9. Actress — Hatcher
10. Black and white cookie
11. Big name in cosmetics
19. Comic DeGeneres
20. So-so grade
21. Hammer or saw
22. First class (2 words)
23. "—Sir, With Love"
26. Drop bait lightly on the water
27. Dutch city
28. Distress call letters
29. Prepare food for a party
30. Living It Up! With — and Jack
31. Affirmative
33. Moderate
34. Elegant
38. This — House
39. She played Katherine Welling-ton on Harper's Island (init.)
40. Irritates
41. Assumed name
42. Swiss mountains
43. List
44. Inhabit
45. Medal recipient
46. Paradise
47. Star
52. Shoe width
53. Blood type
54. Host of '70s Family Feud (init.)

BY BETTY MARTIN



## Yesterday's Crossword



## What's online

See today's answers  
metronews.ca/  
answers.



## Sudoku

## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Yesterday's Sudoku

6	7	9	5	1	3	4	8	2
4	3	8	9	8	2	7	1	5
5	1	2	4	7	8	6	9	3
1	8	6	7	5	9	3	2	4
2	5	4	6	3	1	8	7	9
7	9	3	8	2	4	1	5	6
3	2	5	1	4	7	9	6	8
9	4	1	2	0	6	5	3	7
8	6	7	3	9	5	2	4	1

## Weather

## TODAY

MAX: -11°  
MIN: -11°

## WEDNESDAY

MAX: -16°  
MIN: -17°

## THURSDAY

MAX: -16°  
MIN: -19°

MICHELE MCDUGALL  
WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." **WEEKDAYS 5:30 AM**



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• Bluetooth® 2.1 L3 WebID: 10230761

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**chat-r**<sup>wireless</sup>  
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• Bluetooth® 2.1 C195 WebID: 10230760

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Alan Wack



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#3JN5257A

**\$23,860**



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4X4 NORTH

#P3264

**\$20,860**



2006 FORD F-350 DUALY  
LARIAT 4X4

#2R17765C

**\$24,860**



2007 JEEP  
COMMANDER 4X4

#EN3255A

**\$20,860**



CADILLAC ESCALADE  
ESV LUXURY

#3JT3534B

**\$32,860**



2009 DODGE RAM  
1500 CREW 4X4

#2R17117A

**\$23,860**



Matt Lakusta



Mike Redmond



2010 FORD F-150  
XLT CREW

#2G2707A

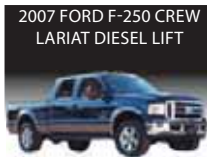
**\$26,860**



2011 DODGE RAM 1500  
CREW CAB 4X4 SPORT

(BLACK) #3R16427A

**\$34,640**



2007 FORD F-250 CREW  
LARIAT DIESEL LIFT

#2R22660A

**\$23,860**



2006 DODGE RAM 3500  
MEGA CAB 4X4 CUMMINS

#2R25566A

**\$24,860**



2006 GMC YUKON  
DENALI

#3DR8144A

**\$22,860**



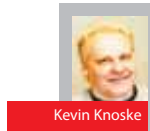
2005 JEEP TJ  
SPORT 4X4

#3R25147B

**\$10,860**



Mauricio Roa



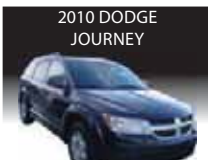
Kevin Knoske



2012 JEEP GRAND  
CHEROKEE LAREDO 4X4

#EN3270

**\$32,860**



2010 DODGE  
JOURNEY

#2T45908A

**\$14,860**



2002 DODGE RAM 1500  
QUAD 4X4

#3R10784B

**\$7,860**



2007 DODGE NITRO  
SLT 4X4

#3T40534B

**\$14,860**



2010 DODGE RAM 2500  
CUMMINS 4X4 SLT

#2R20522A

**\$31,860**



2008 DODGE GR. CARAVAN  
SXT SPORT

#3T45151A

**\$14,860**



Sam Nahal



Mark Maguire



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JLY AWD

#2GH8549A

**\$13,860**



2009 JEEP WRANGLER  
SAHARA UNLTD. LOADED

#P3251

**\$25,860**



2009 JEEP GRAND  
CHEROKEE LAREDO 4X4

#2R10353A

**\$19,860**



2009 VOLKSWAGON  
ROUTAN COMFORTLINE

#2R35206A

**\$18,860**



2010 ACURA ZDX  
SH AWD

#3TJ7113A

**\$39,860**



2012 BMW 528XI

#2R35176A

**\$58,860**



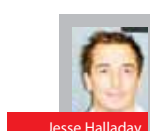
Dale Buchner



Mark Reimann



Dave Welsh



Jesse Halladay

2011 FORD F-150 FX-4 CREW  
4X4 #2R34253A

2008 VOLKSWAGON RABBIT  
#2R18762A

2010 GMC TERRAIN SLE  
#3DR8239A

2010 FORD ESCAPE XLT 4X4 V6  
#3R10784A

2008 FORD F-150 LTD CREW  
4X4 #2R34720B

2005 GMC 3500 DUALY  
#2R39055A

2011 JEEP WRANGLER  
UNLIMITED SPORT #2R18393A

2007 CHEV SILVERADO 1500  
LTZ Z71 #3R18863A

2010 CHRYSLER TOWN &  
COUNTRY TOURING #3TC2241A

2012 CHEV CAMARO 2SS  
COUPE #3T40607A

2010 DODGE RAM 1500 CREW  
SPORT 4X4

2007 TOYOTA FJ CRUISER  
#2R19607A

2008 JEEP WRANGLER  
UNLIMITED SAHARA  
#2R12266A



Shane Hughes



Mark Yaghi

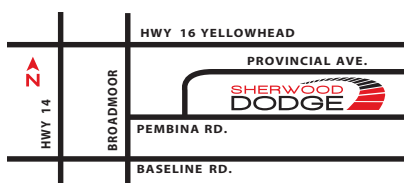


Aaren Schroeder

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Sun. 11am-4pm

All prices net of any dealer discounts and manufacturer rebates and do not include applicable taxes or GST. Subvented (discounted) interest rates not available on all models, see dealer for details. "No charge Cummins engine" and "No charge Hemi engine" are available on new 2011 models. Payments are "OAC" and based on longest available terms, i.e.: New 2011 Ram 1500 Q/C 4x4 SXT, \$157 b/w for 96 months, 5.99% cob: \$6622. Vehicles may not be exactly as illustrated, file photos used. Please contact dealer with questions or for further clarifications.